

Additional Resources

- Brief History of Trail of Tears from Cherokee.org :
<http://www.cherokee.org/AboutTheNation/History/TrailofTears/ABriefHistoryoftheTrailofTears.aspx>
- John Burnetts Story of the Trail of Tears:
<http://www.cherokee.org/AboutTheNation/History/TrailofTears/JohnBurnettsStoryoftheTrailofTears.aspx>
- Cherokee Cookbook: Read about what the Cherokee ate, how they grew and preserved food. <http://www.cherokee.org/AboutTheNation/Culture.aspx>
- Family Stories from the Trail of Tears – American Native Press Archives and Sequoyah Research Center ***Please pre-read interviews. Some of them are very detailed and graphic**** Interviews that involve families from Alabama: Wynn, Lizzie – Immigration from Alabama: Chambers, Jenny McCoy; Cook, Wallace; Dowson, Lucy; Hill, Mary. If link does not work, type the following in search engine: Family Stories from the Trail of Tears.
<http://www.ualr.edu/sequoyah/uploads/2011/11/Family%20Stories%20from%20the%20Trail%20of%20Tears.htm>
- Map of the Trail of Tears- National Park Service – If link does not work go to: www.nps.gov. Search: Trail of Tears Maps
<http://www.nps.gov/trte/planyourvisit/maps.htm>
- Indian Country Diaries Interactive Trail of Tears Map:
http://www.pbs.org/indiancountry/history/interactive_map.html
- National Park Service: Stories from the Trail of Tears – Miles
<http://www.nps.gov/trte/historyculture/stories.htm>
- National Park Service Trail of Tears Video link:
<http://www.nps.gov/trte/photosmultimedia/dvd.htm>
- United States Department of Agriculture: USDA: Choose my plate activity:
<http://www.choosemyplate.gov>
- USDA Choose my Plate printable resources: <http://www.choosemyplate.gov/print-materials-ordering/graphic-resources.html>
- Nutrition <http://www.nutrition.gov/smart-nutrition-101/myplate-food-pyramid-resources>
- Child Nutrition <http://www.mypyramid.gov/kids/>
- Build Healthy Kids - Child Nutrition Healthy Calories Guidelines
<http://www.buildhealthykids.com/genrequirements.html>
- Build Healthy Kids – serving size suggestions
<http://www.buildhealthykids.com/servingsizes.html>
- Dietary guidelines: <http://www.cnpp.usda.gov/DietaryGuidelines.htm>
- Child Nutrition Recommendations from the Mayo Clinic
<http://www.mayoclinic.com/health/nutrition-for-kids/NU00606>
- Calorie Control Council <http://www.caloriecontrol.org/other-great-resources>
- Calorie Control Council : Calories burned during exercise chart:
<http://www.caloriecontrol.org/articles-and-video/lets-get-physical> and

http://www.choosemyplate.gov/food-groups/physicalactivity_calories_used_table.html

- Food pyramid www.usda.gov
http://teamnutrition.usda.gov/Resources/mpk_poster2.pdf
- Trail of Tears photo: “The Trail of Tears” by Max D. Standley
http://www.maxdstandley.com/trail_of_tears_series/the_trail_of_tears.html
- Park hiking trail links
 - Desoto State Park <http://www.alapark.com/parks/images/desoto/PDF-Files/2013-DeSoto-State-Park-Trail-Map-page-1-Letter.pdf>
 - Russell Cave National Monument : Map attached
 - Little River Canyon National Preserve
<http://www.nps.gov/liri/planyourvisit/upload/LIRI-maps-2011.pdf>
- Tagxedo.com www.tagxedo.com
- University of Arkansas Curriculum Guide